



Supper Connection

Some topics covered:

Nutritional Information

Budgeting

Healthy Eating

Cooking for Picky Eaters

Our **free Supper Connection** program will help you and other parents like you come together and share a nutritious meal with your children, and engage in valuable parenting education.



- **Must have one child under 6yrs of age**

Supper and bus tickets provided. Parents are encouraged to bring their children, as free child minding is available on site.

Meet other young parents, enjoy a **FREE** meal, and learn valuable parenting information including how to make healthy food choices for your family!

Please contact the office for location information

To register or for more information



e.torres@vitacentre.org



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For more information about our programs visit
www.vitacentre.org



United Way
Peel Region